

CHART YOUR JOURNEY

Instructions:

1. Reflect on the task we are focusing on today.
2. Write down, in order, 6 steps you would typically take to accomplish that task.
3. Answer the questions for each activity in the space provided.

How does this happen, and where does it take place?


1 _____

2 _____

3 _____

Who is involved or responsible?

How much do you like or dislike doing this?

1 - dislike   5 - Like 

Fill in one circle

☐ - ☐ - ☐ - ☐ - ☐

1 2 3 4 5

Fill in one circle

☐ - ☐ - ☐ - ☐ - ☐

1 2 3 4 5

Fill in one circle

☐ - ☐ - ☐ - ☐ - ☐

1 2 3 4 5

CHART YOUR JOURNEY, CON'T

How does this happen, and where does it take place?

4 _____

5 _____

6 _____

Who is involved or responsible?

How much do you like or dislike doing this?

1 - dislike  5 - Like



Fill in one circle

☐ - ☐ - ☐ - ☐ - ☐

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1 2 3 4 5

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1 2 3 4 5